

Food News

FOR THE HOUSEWIFE

Facts about BUTTERMILK

Buttermilk is an ideal food since it possesses in large quantity so many of the important nutritive elements vital to the health of children, adolescents, and adult members of the family. It is high in Calcium, Phosphorus, Riboflavin and also contains Vitamin B1. At the same time, since it has little butterfat, it is a favorite item on reducing diets. It is easily digestible and places the least possible strain upon the digestive system.

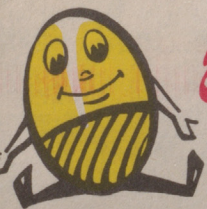
Buttermilk has long been known by good cooks and food specialists as unique in its ability to give a lighter, very desirable texture to food.

Its economy is also a factor in making Buttermilk a wise cooking choice.

Buttermilk has long been accepted as a cooling, very palatable, taste-stimulating beverage. "Drink Buttermilk more than once a day" should be the slogan of every member of the family. It is a rare discovery to find a beverage so satisfying that it not only supplies one's need for food but gives a cooling, thirst-quenching drink besides.

It's economical too—Buttermilk COSTS LESS. This makes it favor your budget, both as a cooking ingredient and as a daily drink. Start using Buttermilk today.

Order from your Route Salesman. He is ready to supply you.



Eggs form the basis for many Taste-Tempting Meals.

CHEESE AND EGG LUNCHEON DISH

- 12 half-inch slices stale bread
- 1/2 pound cheese, sliced
- 4 eggs
- 2 3/4 cups milk
- 3/4 teaspoon salt
- Dash of pepper and paprika

Arrange slices of bread in alternate layers with cheese in greased baking dish. Beat eggs slightly, add milk and seasonings and pour over the bread. Cover and keep in the ice box until ready to bake. Place in a pan of hot water and oven-poach in a moderate oven, 350°F., until set, about 45 minutes. If thoroughly chilled before baking, the mixture will puff up like a soufflé. Yield 6 to 8 servings.

BAKED EGGS IN TOMATO SAUCE

- 3/4 cup water
- 1 10-oz. tin condensed tomato soup
- 1 cup soft stale bread crumbs
- 1 cup cooked peas or string beans
- 1 teaspoon grated onion
- 1/4 teaspoon salt
- Dash of pepper
- 1/2 cup grated cheese
- 4 eggs

Mix water and soup. Add crumbs, vegetables, salt, pepper and cheese. Pour into a greased baking dish and break 4 eggs into depressions in the sauce. Bake in a moderately hot oven, 375°F., until the eggs are set, about 15 to 20 minutes. Serve sprinkled with grated cheese. Yield: four servings. Note: This dish may be cooked on top

of the stove. Heat sauce in a heavy pan. Break eggs carefully into sauce. Cover pan and cook over low heat until eggs are set.

EGG, CORN AND POTATO CASSEROLE

- 1 20-oz. can (2 1/2 cups) canned, cream-style corn
- 1 cup milk
- 4 cups cubed, cooked potatoes
- 6 hard-cooked eggs
- Salt and pepper to taste
- 1/2 cup cracker crumbs
- Butter
- Paprika

Mix corn and milk together. Arrange potatoes, sliced, hard-cooked eggs and corn in layers in a greased baking dish, sprinkling each layer with salt and pepper. Cover top with cracker crumbs, dot with butter and sprinkle with paprika. Bake in a hot oven, 400°F., until thoroughly heated and crumbs are browned, about 15 minutes. Yield: six generous servings.



BAKED EGGS IN CHEESE SAUCE

- 3 tablespoons butter
- 3 tablespoons flour
- 3/4 teaspoon salt
- Dash of pepper
- 1/4 teaspoon dry mustard
- 1 1/2 cups milk
- 3/4 cup grated cheese
- 3 slices toast
- 6 eggs

Melt butter in top of double boiler, blend in flour, salt, pepper and mustard. Stir in milk gradually and cook over boiling water, stirring constantly, until mixture thickens. Add cheese and stir until melted. Cover the bottom of a greased shallow baking dish with lightly buttered toast triangles, having buttered side down. Pour half of sauce over toast. Carefully break eggs into sauce, spacing them evenly. Cover with remaining sauce and bake in a moderately slow oven, 325°F., until eggs are cooked, about 15 to 20 minutes. Yield: six servings.

BACON AND NOODLE CUSTARD

- 6 slices bacon
- 3 cups cooked noodles (1 3/4 cups raw)
- 2 eggs
- 1/4 cup milk
- 2 tablespoons minced onion
- 1 tablespoon parsley
- 1/2 teaspoon salt
- 1/8 teaspoon paprika

Line muffin pans with bacon strips. Mix cooked noodles with beaten eggs, milk, onion, parsley, salt and paprika. Fill muffin pans with mixture. Bake in a moderately slow oven, 325°F., for 1/2 hour. Yield: six servings.

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Major Treat
Flavors

- ♦ Caramel Crunch
- ♦ Lemon Cherry
- ♦ Custard
- ♦ Chocolate
- ♦ Fruit Cocktail
- ♦ Cocoanut
- ♦ Pineapple
- ♦ Vanilla

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PINEAPPLE • PEACH



THE Major Treat
ICE CREAM PIE



Major Treat Ice Cream—the new taste sensation—is now sold in beautiful picture cartons, two of which are illustrated here with. There are individual flavoured cartons for some of the standard flavours—there is the captivating multi-flavoured carton for many other taste thrills. In all, Major Treat brings you 23 flavours, every one a delight.

RHUM RAISIN



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THE FLAVOUR-
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ELMHURST DAIRY LIMITED - MONTREAL

Here Are the RECIPES Illustrated on the Cover

ALICE'S CHOCOLATE CAKE

- | | |
|------------------------------|-----------------------|
| 1/2 cup butter | 1 teaspoon soda |
| 1 cup white sugar | 1/2 teaspoon salt |
| 1 teaspoon vanilla | 1/2 cup cocoa |
| 2 eggs | 1/2 cup buttermilk |
| 1 1/2 cups sifted cake flour | 1/2 cup boiling water |
| 1 teaspoon baking powder | |

Cream butter and sugar well together. Add vanilla and beaten eggs, blending thoroughly. Sift flour, baking powder, soda, salt and cocoa together three times. Add flour mixture alternately with the buttermilk to the creamed mixture. Lastly add the boiling water. Pour into a greased 8" x 8" square pan or two 8" layer cake pans and bake in a moderate oven, 350°F. until done, about 40 minutes. Fill and ice with fluffy peppermint frosting. *Note: This is a very thin batter.*

FLUFFY PEPPERMINT FROSTING

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| 2 unbeaten egg whites | 1/4 teaspoon cream of tartar |
| 1 1/2 cups sugar | 1 1/2 teaspoons light corn syrup |
| 5 tablespoons cold water | Few drops peppermint flavouring |

Place the egg whites, sugar, cold water, cream of tartar and corn syrup in the top of a double boiler and beat until thoroughly blended. Place over rapidly boiling water. Beat constantly with a rotary beater for 7 minutes. Remove from fire and add the peppermint flavouring. Continue beating until the icing is the right consistency to spread. Yield: sufficient icing to fill and cover the top and sides of two 8" layer cakes. Use half this amount to ice an 8" square cake.

Note: If desired, this icing may be tinted pink with vegetable colouring.

LUSCIOUS LEMON PIE

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| 1 cup sugar | 4 eggs |
| 9 tablespoons flour | 2 tablespoons butter |
| 1/4 teaspoon salt | 6 tablespoons lemon juice |
| 1/2 cup water | 1 9-inch baked pie shell |
| 2 cups buttermilk | 4 tablespoons sugar |

Mix the 1 cup sugar, flour and salt in a double boiler. Then add the water, blending well. Then add the buttermilk. Cook, stirring constantly, over boiling water for about 5 minutes or until thickened. Cover and cook for 10 minutes longer. Then add a little of this mixture to the slightly beaten eggs (reserve 2 of the egg whites for a meringue). Mix well and return to the double boiler and cook for a minute longer, stirring constantly. Add the butter and lemon juice, cool slightly and pour into the pie shell. Beat the remaining 2 egg whites until stiff, beat in the 4 tablespoons of sugar and a dash of salt. Pile lightly on the pie and bake in a moderate oven, 325°F. for 12 to 15 minutes or until the meringue is lightly browned. Yield: 1 9-inch pie.

BUTTERMILK GRIDDLE CAKES

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| 1 cup less two tablespoons all-purpose flour |
| 1/2 teaspoon soda |
| 1/2 teaspoon salt |
| 1 egg |
| 1 teaspoon melted butter |
| 1 cup buttermilk |

Sift flour and measure. Resift with soda and salt. Beat egg, add melted butter and buttermilk. Make a hole in the centre of the dry ingredients. Pour in the liquid ingredients and stir with a few swift strokes until they are just blended. Ignore any lumps, they disappear in the cooking. In the meantime heat a griddle or heavy frying pan, greasing it lightly. Test the griddle by throwing a few drops of cold water on it. If the water sputters vigorously the griddle is ready for the cakes. Drop the batter by spoonfuls on the hot griddle, spreading to desired size. Allow to cook for about two to three minutes, until bubbles appear on the surface and begin to burst. Lift the cakes with a spatula to see that the under surface is nicely browned, then turn them and continue to cook until the other side is browned. DO NOT TURN THE CAKES MORE THAN ONCE. Serve piping hot with butter and maple or other syrup. Yield: about 10 5-inch cakes.

Note: Grease the griddle between bakings.

BUTTERMILK puts NEW ZEST in Favorite RECIPES!

HONEY BRAN MUFFINS

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| 1 1/2 cups sifted all-purpose flour |
| 3 teaspoons baking powder |
| 3/4 teaspoon baking soda |
| 3/4 teaspoon salt |
| 1 1/2 cups cooking bran |
| 1/4 cup honey |
| 1 egg |
| 1 1/4 cups buttermilk |
| 2 tablespoons butter, melted |
- Sift flour, baking powder, soda and salt. Add bran, mixing thoroughly. Mix honey, well-beaten egg and buttermilk and add with melted butter to the dry ingredients, stirring only enough to combine. Fill well-greased muffin pans 2/3 full and bake in a hot oven, 400°F., for 20 to 25 minutes. Yield: 1 dozen medium-sized muffins.

APPLE PANCAKES

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| 1 cup sifted all-purpose flour |
| 1/2 teaspoon soda |
| 1 1/2 tablespoons sugar |
| 1/2 teaspoon salt |
| 1 cup buttermilk |
| 2 tablespoons butter, melted |
| 1 egg |
| 1/2 cup raw apple, peeled and grated |
- Mix and sift flour, soda, sugar and salt. Add buttermilk and melted butter to well-beaten egg and stir quickly into dry ingredients, mixing until smooth. Stir in grated apple. Drop by spoonfuls onto a hot griddle or lightly-greased frying pan. Cook until bubbles form on the top and edges are cooked. Turn and cook on the other side until lightly browned. Serve immediately. Yield: 12 medium-sized (4-inch) pancakes.

BUTTERSCOTCH NUT BREAD

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| 1 egg |
| 1 cup brown sugar |
| 2 tablespoons butter, melted |
| 2 cups sifted all-purpose flour |
| 1/2 teaspoon baking soda |
| 3/4 teaspoon baking powder |
| 1/4 teaspoon salt |
| 1 cup buttermilk |
| 1/2 cup chopped nuts |
| 2 teaspoons grated orange rind |
- Beat egg, add sugar gradually, beating until light and creamy. Add butter and blend well. Sift flour, soda, baking powder and salt and add to egg mixture alternately with buttermilk and stir until mixed. Add nuts and orange rind. Pour into a greased loaf pan, 9" x 5" x 3" and bake in a moderate oven, 350°F. for 1 hour.

FANCY SANDWICH BREAD

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| 1 cup buttermilk |
| 1 cup molasses |
| 2 cups whole wheat flour |
| 2 teaspoons soda |
| 1/4 teaspoon salt |
| 3/4 cup coarsely ground peanuts |
- Add buttermilk to molasses. Combine whole wheat flour, soda and salt. Add the dry ingredients and peanuts to the liquid mixture. Blend well. Turn into two well-greased loaf pans 7 1/2" x 3 1/2" x 2 1/4". Fill pans about 2/3 full and steam or bake in a moderately slow oven, 325°F., for 1 hour. Use for sandwiches or serve with salads.

CHOCOLATE WAFERS

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| 1/2 cup butter |
| 1 cup sugar |
| 1 teaspoon vanilla |
| 1 egg |
| 1 3/4 cups sifted all-purpose flour |
| 1/2 cup cocoa |
| 1/2 teaspoon baking soda |
| 1/4 teaspoon salt |
| 1/3 cup buttermilk |
- Cream butter and sugar well together. Add vanilla, blending well. Add egg and beat well. Mix and sift flour, cocoa, soda and salt. Add to creamed mixture alternately with the

buttermilk. Roll dough on floured board or pastry cloth 1/8" thick and cut into desired shapes. Bake in a moderately hot oven, 375°F., for 8 to 10 minutes. Yield: about 100 small cookies.

BUTTERMILK BISCUITS

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| 1 3/4 cups sifted all-purpose flour |
| 1 teaspoon salt |
| 3 teaspoons baking powder |
| 1 teaspoon sugar |
| 1/2 teaspoon soda |
| 5 tablespoons butter |
| 3/4 to 1 cup buttermilk |
- Sift flour, salt, baking powder, sugar and soda together. Cut in butter with two knives or pastry blender until mixture is consistency of coarse cornmeal. Make a well in the centre of the dry ingredients and stir in buttermilk. Stir vigorously until dough is fairly free from the sides of the bowl, about 1/2 minute. Turn dough onto a lightly floured board or pastry cloth and knead gently and quickly for about 30 seconds. Roll or pat dough to desired thickness and cut with biscuit cutter. Place biscuits on greased baking sheet and brush with melted butter. Bake in a hot oven, 425°F. until done, about 12 to 15 minutes. Yield: 1 dozen large biscuits.

LEMON CAKE DELUXE

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| 1/2 cup butter |
| 1 cup brown sugar |
| 1 egg |
| 1 lemon |
| 1 cup raisins |
| 1 3/4 cups sifted cake flour |
| 1 teaspoon soda |
| 1/2 teaspoon salt |
| 3/4 cup buttermilk |
| 1/4 cup brown sugar |
- Cream butter and sugar until light and creamy. Add beaten egg, blending well. In the meantime, squeeze the lemon, reserving the juice, remove the pithy portion from the rind and put the rind and the raisins through a food chopper, using medium fine blade. Add the minced lemon rind and raisins to the creamed mixture. Sift flour, soda and salt and add to the creamed mixture alternately with the buttermilk. Pour into an 8" x 8" greased cake pan and bake in a moderate oven, 350°F., for about 45 minutes or until done. Remove from oven and pour over the lemon juice mixed with the 1/4 cup brown sugar.

BANANA NUT CAKE

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| 1/2 cup butter |
| 1 1/2 cups sugar |
| 2 eggs |
| 2 1/4 cups sifted cake flour |
| 1 teaspoon baking powder |
| 3/4 teaspoon soda |
| 1/2 teaspoon salt |
| 1 cup lightly mashed bananas |
| 1 teaspoon vanilla |
| 1/4 cup buttermilk |
| 1/2 cup chopped walnuts |
- Cream butter and sugar until light and fluffy. Add beaten eggs, blending well. Mix and sift flour, baking powder, soda and salt and add to creamed mixture alternately with mashed bananas, vanilla and buttermilk mixed together. Beat well after each addition. Lastly add the chopped nuts. Pour into a greased 9" x 9" cake pan or two 9" layer cake pans and bake in a moderate oven, 350°F., until done, about 35 to 40 minutes. When cool, ice with butter icing, buttermilk frosting or 7 minute frosting and sprinkle chopped nuts over the top.

BUTTERMILK FUDGE

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| 1 cup buttermilk |
| 1/2 teaspoon soda |
| 2 cups sugar |
| 2 tablespoons butter |
| 1 teaspoon vanilla |
- Dissolve soda in buttermilk, add sugar and cook, stirring frequently, until mixture forms a soft ball when tested in cold water (238°F.). Remove from heat, add butter. Cool and add vanilla and beat until creamy and the mixture has lost its gloss. Pour quickly into buttered pan about 3/4 inch deep and allow to harden. Cut into 1-inch squares when cold. Yield: about 40 pieces.

BUTTERMILK PUDDING SAUCE

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| 1 1/2 cups buttermilk |
| 1/3 cup sugar |
| 1/8 teaspoon salt |
| 3 tablespoons flour, blended with a little cold water |
| 1 1/2 teaspoons vanilla |
- Mix together the buttermilk, sugar, salt and flour. Cook in double boiler, stirring constantly, until thickened. Do not heat the buttermilk before adding flour, otherwise it will curdle. Add vanilla. This sauce has a delicious, unusual flavour. Yield: six servings.

SPICY PRUNE CAKE

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| 1 cup dried prunes |
| 3 tablespoons butter |
| 6 tablespoons sugar |
| 1 egg |
| 1 cup sifted cake flour |
| 3/4 teaspoon baking powder |
| 1/4 teaspoon soda |
| 1/4 teaspoon cinnamon |
| 1/4 teaspoon nutmeg |
| 3/4 teaspoon allspice |
| 1/4 teaspoon salt |
| 1/2 cup buttermilk |
- Wash prunes, remove pits and put prunes through a food chopper, using medium-fine blade. Cream butter and sugar thoroughly. Add the egg yolk and beat well. Mix and sift the flour, baking powder, soda, cinnamon, nutmeg, allspice and salt and add to the creamed mixture alternately with the buttermilk. Add the prunes and lastly fold in the stiffly beaten egg white. Pour into a greased 7" square cake pan or a loaf pan and bake in a moderate oven, 350°F. until done, about 30 minutes. Ice with Frosting.

DATE SPICE CAKE

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| 2 3/4 cups sifted cake flour |
| 1 teaspoon soda |
| 1 teaspoon salt |
| 3/4 teaspoon cloves |
| 1 teaspoon cinnamon |
| 1/2 teaspoon allspice |
| 3/4 cup butter or shortening |
| 1/2 cup sugar |
| 1/2 cup corn syrup |
| 2 eggs |
| 1 1/4 cups buttermilk |
| 1 cup chopped, pitted dates |
| 1/2 cup chopped walnuts |
- Mix and sift flour, soda, salt and spices together 3 times. Cream butter until fluffy and gradually cream in sugar until mixture is light and fluffy. Blend in corn syrup. Add the beaten eggs, blending well. Add 2/3 cup of the flour mixture and blend well. Add remaining flour alternately with the buttermilk, beginning and ending with flour. Mix well after each addition. Add dates and nuts and blend well. Pour into a greased 9" square cake pan and bake in a moderately hot oven, 375°F. until done, about 35 minutes.